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with Kelly Griffin

Hormones, Health, and Happiness

A Natural Medical Formula for Rediscovering
Youth with Bioidentical Hormones



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Steven F. Hotze

**Hormones, Health, and Happiness: A Natural Medical
Formula for Rediscovering Youth with Bioidentical
Hormones**



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You probably understand that as you age, your hormone levels decline. In obvious, nontechnical vocabulary, he addresses: - the important differences between chemical hormones and bioidentical hormones - common, related health problems, including allergy symptoms, yeast overgrowth, and adrenal fatigue - balanced nutrition - supplement and mineral supplements - and more. Hotze reveals what women of most ages can do to get relief and promote lifelong hormonal wellness through a combination of changes in lifestyle, good nutrition, workout, and natural hormone replacement. Today, in his acclaimed eight-point program that has improved the lives of countless patients at his Houston wellness clinic, Dr. Steven F. All too often, females are prescribed drugs that deal with these symptoms and not the core issue: hormonal imbalance. But what you probably have no idea is that hormone levels could be restored using natural, bioidentical hormones that eliminate associated fatigue, weight gain, moodiness, storage loss, and a weakened immune system.



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An important book for anybody with health issues I was pleased to read a reserve compiled by an M. My child also offers low thyroid and he also visits the clinic, he's in his 20's and male. who actually listens to his patients and not so very much to blood-tests. 2) This is not just for 'older ladies post menopausal' I was in my mid 30's when I first visited Dr. If you want further reading on the topics in his publication, I recommend "Adrenal Fatigue" by James Wilson, and "Iodine: Why YOU WILL NEED It, Why You Can't Live Without It". My second (smaller sized) complaint is about his "ideal diet. We only genuinely have two complaints about the publication: One, his description of iodine-deficiency in hypothyroidism. Like a lot of the medical community, he retains to the fact that you merely have iodine-deficiency in case you have a goiter, otherwise that's not the trigger of your trouble. Hotze for informing me! Hotze's book: Hormones, Wellness, and Happiness. It is research based, and provides a exceptional explanation of the conversation between allergy symptoms and hormonal imbalance. Dr. Comparison that with Japanese people who obtain about 13 mg a day! When I came across this book, every page was confirming what I got known all along. This book changed my entire life for the better. Case histories are also utilized as examples through the entire book." He will admit that People in america eat way too many carbs and glucose, which is great (and true), but he still mentions consuming lean meats and smaller amounts of healthy fat. Again, there is certainly nothing at all inherently evil or unhealthy about most body fat. Yes, some forms of saturated unwanted fat are harmful to you, however, many are absolutely healthy and really should be eaten frequently. What a wealth of details when I needed it. This has been very well documented in a variety of books (Good Calories, Bad Calories, Primal Body, Primal Mind, etc). He doesn't get into extreme details on each individual hormone, just as much as you would get in a book dedicated to that (normally), but he provides a lot of great information on physiology and treatments. Every woman in pre or post menopause should read this. That is a book that each MD that treats women should read. There is absolutely no way you're getting that much in the standard American diet, even with iodized salt." he says this as he chuckles trying to make you feel better. Not even remotely. Really enjoyed studying this. He also makes an excellent case for actually listening to his sufferers and not simply basing everything on examining - which might not show the real medical issue.. This book will probably be worth the read. Outstanding I enjoyed reading Dr. Additional medical experts state that your thyroid by itself needs 3mg consistently to be completely saturated and practical. Also, eating body fat with carbs causes complications of it's personal, but it isn't the fat alone that is causing the problem. A Must Read! After reading the publication, I located a doctor who runs his practice like the book. I am on the path to recovery using supplements suggested in the reserve. Five Stars Great book Five Stars Extremely informative and helpful. I am not really

against doctors, they are a wealth of knowledge. (I like my doctor's) I believe that their understanding should be prolonged to incorporate supplements, promote healthy diet programs, and exercise. Three Stars Came promptly. Hotze publication inspired me to make changes in my life. Dr. The material had not been what I was looking for. We complete the baby/toddler stage but factors don't switch, they worsen. Life Changing For many folks, we have our initial baby, things may be fine, we've another, OK just a little harder, not really obtaining the weight off, experiencing weird allergies NEVER before had, we're exhausted, constantly tired and cranky but us is beautiful and isn't this the life of a mom? Came on time. For the naysayers who've posted negative reviews: 1) Yes, Dr.. I think just about everyone has had the knowledge of experiencing a set of ongoing symptoms, but as the blood test didn't show anything, the physician writes you off and will go no further. borderline depressed. It's hormonal - we know this and we inform ourselves this. But Doc says "this is normal, it's component hormonal and part you have A Great deal on your own plate, it's only a phase, things will get better,. Hotze's clinic. Great book! aaaand then you'll hit menopause! Since many MDs tend to write-off women's complaints, or are just too lazy to do the research to learn and understand how to treat them, we have to develop a better knowledge of our bodies, particularly those pre or post menopause. Then Doc pulls out his script pad and you keep with `xyz' to help you sleep, and `xyz' to help your moodiness, and `xyz' to help with energy. Within the last decade I've seen the bio-identical hormone and low thyroid motion growing all over the U. THANK YOU Dr. But a goiter is at the extreme selection of iodine insufficiency, and there exists a lot of space for dysfunction before after that.!! This book is existence changing! Good Book Seems to be an excellent publication - although We haven't finished reading it yet. I went one stage further and contacted the author's medical practice in Houston, hoping I could learn about the treatment(s) he gives first hand however the services offered are prohibitively expensive for most people. The office staff is incredibly polite, helpful and educational.! At this point it looks like I will have to complete the reserve and vacation resort to self-help (try to implement what I am able to on my own). I believe that natural supplements ought to be taught to all or any people employed in the medical field. Many thanks Dr. They liked it Was a gift.!! It was extremely disappointing to discover that their charges are so high and their policy requires an exceptionally large payment in full beforehand! They liked it Exceptional book. Hotze is a good writer and an exceptional doctor. Excellent Information. Finally Excellent Information. Finally, a medical Professional talking right to us lay people. Was a gift. Hotze for the tools, research and the assistance to help me heal myself without false chemicals. I have been having many health issues talked about in the book, without success at the doctors office. This Book Changed My Life For The Better! It really

is absolutely essential to the complete body, not only the thyroid. Almost 9 years ago I was ready to give up. I felt therefore horrible on a regular basis and experienced been to 1 doctor after another trying to find the problem. All the doctors would perform was say "test results normal" and try to inform me I was depressed and needed to be on an anti-depressant. Iodine isn't to end up being feared and treated such as a trace mineral. We're trying to exercise and consume well but heavier than ever, feeling unhealthy, exhausted, drained, discouraged and defeated, unfortunate and lonely. Hotze does have a clinic and of course he promotes it. If you had the response to therefore many people's health issues, I doubt you'd want to maintain it a secrete. I'm not saying we have bad docs, they possess years of great traditional training, but much of it is now habitual analysis - - we have to be more educated on what our choices are.S. Nowadays you can do a search and find a doctor who presents such therapies in most any city. He recognizes that patient's symptoms and background ought to be the deciding aspect, with blood-tests being secondary (although hopefully confirming his analysis)..D. 3) It is fact, not really fiction, that the general blood testing most doctors work for low thyroid are inconclusive and not dependable for a analysis.



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